



Cardie's Heber Barn—by Vern Adix

1946 Photo by Vern Adix

## Old Barn Painting Available

This barn was built by John Henry Lewis Clegg shortly after his marriage in 1889. It was located behind his home on Sixth South and Main Streets in Heber City, and was used primarily for storage of hay and for winter shelter for his horses and cows. For many years, it was used by his son, Henry Cardwell Clegg (Cardie), for the same purposes. In the mid-1950's, it was removed to make way for residential development. Vern Adix, University of Utah theater arts specialist and artist, painted this picture in the winter of 1947-48. If you are interested in displaying the original painting (water color) it can be arranged by contacting: Dr. John C. Clegg 1-801-374-1777, Provo or Patricia C. Burke, 654-5506, Heber City.



# Food Poisoning: Where Are The Greatest Risks?

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According to a recent survey, the average American considers spoilage to be the main problem associated with food safety. Few people realize that the bigger culprit is improper food handling during preparation. While a lapse in sanitary practices may only result in a minor belly ache, "food poisoning" can often pose a very serious health hazard.

Food safety begins with savvy shopping. Choose meat, fish and poultry last so that they don't have as much time to warm to dangerous temperatures. Check that their "sell by" date has not expired and put them in separate plastic bags to prevent their juices from contaminating other food. If the grocery store is more than an hour away from home, or if the temperature is above 80 degrees and the ride is more than 30 minutes, use an insulated cooler to transport extremely perishable items.

The Centers for Disease Control and Prevention reports that 97 percent of foodborne illnesses could be

prevented with basic hygiene and improved food handling. Hands should be washed thoroughly before touching raw meat to avoid contaminating it with germs from elsewhere.

After handling raw meat, wash your hands again to avoid spreading contamination to other foods. Since sponges can harbor dangerous food-borne bacteria, try using a separate one for each meal, and sterilize them all in the dishwasher at night, or by soaking them in a bleach and water solution. Meat is essentially sterile, but it can be contaminated with harmful bacteria during processing. Any harmful bacteria that are on the outside surface of the meat are distributed throughout as it is ground.

Keep ground meat refrigerated for no more than three days, or frozen for less than three months. Burgers should be cooked until the center has reached a temperature of 160 degrees and is no longer pink. Solid meat cuts, such as roasts and steaks, can be safely served medium rare (145 degrees), because proper cooking will destroy any bacteria present on the meat's surface.

Whether defrosting, marinating, or cooling after cooking, meat

should never be left at

room temperature because bacteria are then able to reproduce quickly. Food safety experts all advise using separate platters, cutting boards, and knives for raw and cooked meats to stop the spread of contamination. Both plastic and wooden cutting boards should be thoroughly cleaned after each contact with raw meat, using an antibacterial kitchen cleanser or a water and bleach solution. Set aside separate utensils for vegetables, which can also cause food poisoning when contaminated by raw meat.

Food safety may not be an appealing topic, but with more than 8 percent of food-borne illnesses originating in the home, it's a problem that can not be ignored. Don't take chances with your health. Make a few simple changes and you can ensure your meals will promote good health, and not endanger it.

For a free brochure with information on how food labels can make it easy to eat for lower cancer risk, write to the American Institute for Cancer Research, Dept. FL, P.O. Box 97167, Washington, DC 20090-7167.

"Nutrition Notes" is provided as a public service by the American Institute for Cancer Research, Washington, DC 20009.